



A knowledge & support program for managing type 2 diabetes

## Tracking Your Doctor Visits

To take care of your diabetes, it is important to visit your doctor regularly and track the daily results of your blood sugar tests. To help you record this key information, use this handy tracking tool and make plenty of copies of this page for future use.

**Remember to test blood sugar levels according to the plan developed with your doctor. Your goals of treatment may be adjusted over time.**

Your Goals		Date:
A1C:	Blood Pressure:	Weight:
Cholesterol (total):		
HDL*:	LDL†:	Triglycerides:

At Each Visit		
Date:	Doctor:	
Reason for visit:		
Questions:		
A1C:	Blood Pressure:	Weight:
Cholesterol (total):		
HDL:	LDL:	Triglycerides:
Foot examination results:		
Urine microalbumin:	Kidney function blood test:	

Your Medications			
Medication name	Reason for use	Dose	Times per day

\*HDL=high-density lipoprotein; "good" cholesterol, the type that works to clear LDL ("bad") cholesterol from the blood, helping to keep the arteries healthy.  
 †LDL=low-density lipoprotein; "bad" cholesterol, the type that can lead to accumulation of cholesterol in the arteries, and promotes cardiovascular disease.



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## Diabetes Organizations and Resources

### **American Association of Diabetes Educators**

diabeteseducator.org  
1-800-338-3633

### **American Diabetes Association**

diabetes.org  
1-800-DIABETES (1-800-342-2383)

### **Academy of Nutrition and Dietetics**

eatright.org  
1-800-877-1600

### **American Heart Association**

americanheart.org  
1-800-AHA-USA1 (1-800-242-8721)

### **Centers for Disease Control and Prevention**

cdc.gov/diabetes  
1-800-CDC-INFO (1-800-232-4636)

### **National Diabetes Education Program**

ndep.nih.gov  
1-888-693-6337

### **National Diabetes Information Clearinghouse**

diabetes.niddk.nih.gov  
1-800-860-8747

